



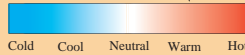
Chuan Xiong - Ligusticum

Body SORE

DRUG TEST FREE FORMULA

Warm

TCVM Thermal Nature:



Cold Cool Neutral Warm Hot

TCVM Indications:

- Qi and/or blood stagnation
- Tongue: Purple
- Channel Blockage
- Pulse: Fast



Chinese Principles of Treatment:

Invigorates Qi and blood, resolve stagnation and relieve stagnation.

Contraindications: Do not use during pregnancy

Dosage:

Horse - Regular: 15 g twice daily as top dressing on feed

Concentrated: one 3g bag twice daily

Dog/Cat - Regular : 0.5 g per 10 to 20 lb body weight twice daily

Concentrated: 0.5g per 30-50 lbs of body weight twice daily



Ingredients and Actions:

Latin Name	Ingredient	Actions
Angelica	Dang Gui	Activate Blood, resolve stagnation, relieve stagnation
Corydalis	Yan Hu Suo	Move Qi/Blood, resolve stagnation and relieve stagnation
Paeonia	Chi Shao Yao	Relieve stagnation and cool Blood
Ligusticum	Chuan Xiong	Relieve stagnation and activate Blood
Angelica	Du Huo	Relieve Pain and eliminate Wind-Damp
Myrrh	Mo Yao	Move Blood, relieve stagnation
Notopterygium	Qiang Huo	Relieve stagnation and activate blood
Olibanum	Ru Xiang	Move Blood, relieve stagnation
Psoralea	Bu Gu Zhi	Strengthen bone and tonify Yang
Cyathula	Chuan Niu Xi	Relieve stagnation and eliminate Wind-Damp
Eucommia	Du Zhong	Strengthen back and tonify Yang
Carthamus	Hong Hua	Break down Blood stasis, relieve stagnation
Millettia	Ji Xue Teng	Nourish Blood
Persica	Tao Ren	Break down Blood stasis, relieve stagnation
Cuscuta	Tu Si Zi	Nourish Kidney and Liver
Epimedium	Yin Yang Huo	Tonify Kidney Yang and Yin



- ✓ 200.05g capsules
- ✓ 900 g powder
- ✓ 200 teapills
- ✓ 200g powder
- ✓ 600g powder
- ✓ 100.02g capsules
- ✓ 8 oz biscuits



- ✓ 3 oz concentrated biscuits
- ✓ 180g (3gx60 bags) concentrated powder
- ✓ 60-0.25g concentrated capsules
- ✓ 120-0.5g concentrated capsules

Distributed through veterinarians only

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Main Herbs in Body Sore

Body Sore is a modification of the ancient formula *Shen Tong Zhu Yu Tang*, described by Wang Qing-Ren in *Yi Lin Gai Cuo* (Corrections of Errors Among Physicians) in 1830 A.D. In TCM, pain is caused by Stagnation of Qi and/or Blood, which results in disruption of their free flow. Body Sore contains many herbs to move and invigorate the Blood, breaking down Stasis and therefore relieving pain. *Tao Ren* (Persica), *Hong Hua* (Carthamus) and *Ru Xiang* (Olibanum) are potent Blood-moving herbs, which activate Blood circulation and eliminate Blood Stasis, therefore relieving pain. *Dang Gui* (Angelica), *Chuan Xiong* (Ligusticum) and *Ji Xue Teng* (Milletia) activate and nourish the Blood and promote its circulation. *Mo Yao* (Myrrh) also invigorates Blood circulation to relieve pain and *Chi Shao* (Paeonia) cools the Blood. Pain can also be associated with Qi Stagnation, which is resolved by *Yan Hu Suo* (Corydalis), or invasion of pathogenic Wind-Damp, which is dispelled by *Qiang Huo* (Notopterygium) and *Du Huo* (Angelica). Finally, *Chuan Niu Xi* (Cyathula) and *Bu Gu Zhi* (Psoralea) strengthen the bones and limbs, and *Du Zhong* (Eucommia) strengthens the back and tonifies Yang.

Clinical Research on Body Sore

There are many clinical studies that have proven the effectiveness of *Shen Tong Zhu Yu Tang*, Body Sore's classical antecedent, in a variety of conditions in humans. One study used *Shen Tong Zhu Yu Tang* to treat 36 patients with sciatica.¹ After an average of 17 days of treatment, 29 patients had completely recovered, and 6 had experienced significant improvement. The formula was ineffective in only 1 patient, and the overall effectiveness was 97.2%. One year later, 24 of the 29 recovered patients returned for follow-up, and at this time only 1 had experienced recurrence of the sciatica. In two other human studies, *Shen Tong Zhu Yu Tang* was used to treat pain of the lower back and legs.¹ Of the 119 total patients in these studies, 92% reported at least moderate improvement, and 55% completely recovered. Other studies have shown that *Shen Tong Zhu Yu Tang* can successfully treat other painful musculoskeletal conditions in humans, including arthritis.¹

Pharmaceutical Evidence for the Effects of Herbs in Body Sore

Many of the herbs in Body Sore have been shown to have anti-inflammatory and analgesic effects in both human and animal studies. At least 16 different compounds with significant anti-inflammatory activity have been isolated from *Ru Xiang* (Olibanum).² This herb also has proven anti-neoplastic effects, suppressing viability of neoplastic bladder cells while leaving normal cells unaffected.³ Terpenoids in *Mo Yao* (Myrrh) have proven antiseptic, anesthetic, anti-inflammatory, anti-parasitic and anti-neoplastic effects.⁴ Compounds isolated from *Qiang Huo* (Notopterygium) have significant anti-inflammatory activity through inhibition of cyclo-oxygenase and 5-lipoxygenase,⁵ and this herb is also an analgesic.⁶ Scientific research has validated the Chinese medical concept of *Hong Hua* (Carthamus) as a Blood-moving herb. In a rat model of blood stasis, *Hong Hua* (Carthamus) significantly decreased the whole blood viscosity, plasma viscosity, erythrocyte aggregation index, hematocrit and platelet aggregation.⁷ The herb therefore increased the fluidity of blood by lowering its viscosity, and the reduced platelet aggregation is an anti-coagulant effect. *Hong Hua* (Carthamus) also has anti-inflammatory⁸ and anti-oxidant⁹ effects.

Case Study

Dr. Margaret Fowler successfully used Body Sore, Liver Happy and acupuncture to treat a 6-year-old Quarter Horse western pleasure riding mare with poor performance and unprovoked outbursts of anger of around four months' duration.¹⁰ The mare had a Wood constitution, very good *Shen*, a strong pulse and a purple tongue with slight redness on the sides. Her eyes were red and she was sensitive at acupoints GB-20, BL-18, BL-19, BL-54 and the classical equine points *Lu-gu* and *Bai-hui*. Based on the history and examination, the mare was diagnosed with Liver Qi Stagnation and Liver Yang Rising, together with local Qi Stagnation at the hips (demonstrated by the sensitivity at BL-54, *Lu-gu* and *Bai-hui*). Body Sore was prescribed to treat the local Qi Stagnation, with Liver Happy for the underlying Liver pathology. The mare was also given two acupuncture treatments. After two weeks of herbal therapy, the mare was performing well with no signs of anger, and her tongue and pulse had reverted to normal. There were no signs of Qi Stagnation remaining. Body Sore and Liver Happy were administered for a further two months to ensure that the mare's condition completely resolved.

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